

Fixer Recovery Toolkit

Created by: Daniela Bumann

Business Name: Vibrant Living

Website: www.vibrantlivingnow.org | www.danielabumann.com

Phone: 951-235-8393

How to Use This Toolkit

This toolkit is your guide to stepping out of the fixer cycle and into a life of balance, purpose, and empowerment. Each section offers practical tools and exercises to help you reflect, set boundaries, and prioritize your well-being. Use it at your own pace, revisiting sections as needed, and embrace this journey toward reclaiming your energy and aligning with your true self.

Next Steps

1. Start with the Reflective Questions to identify patterns and motivations.
2. Incorporate Self-Care Practices daily to nurture your well-being.
3. Apply the Boundaries Blueprint to establish healthier relationships.
4. Practice the Pivot Method to let go of the urge to fix and embrace empowerment.
5. Use Affirmations for Empowerment regularly to reinforce positive shifts.

Reflective Questions

- ✓ What drives my need to fix things or people?
- ✓ How does fixing serve me, and how does it drain me?
- ✓ What would my life look like if I focused on my own growth and needs?

Self-Care Practices

- ✓ Set aside 10 minutes daily for mindfulness meditation or deep breathing.
- ✓ Schedule time for activities that bring you joy and relaxation.
- ✓ Practice saying no without guilt. Remember, every 'no' is a 'yes' to something else.



Boundaries Blueprint

- ✓ Identify one area where you need stronger boundaries (e.g., work, family, friendships).
- ✓ Write down a clear, kind statement you can use to enforce this boundary.
- ✓ Practice asserting this boundary in small steps.

The Pivot Practice

- ✓ When faced with a problem, pause and ask: 'Is this mine to solve?'
- ✓ If not, offer support by guiding others to find their own solutions.
- ✓ Celebrate the progress you make in stepping back and creating space for others to grow.

Affirmations for Empowerment

- ✓ I am worthy of love and care, just as I am.
- ✓ My needs are just as important as the needs of others.
- ✓ I release the need to fix and embrace the power to empower.

If you'd like further support or coaching on stepping into your power, visit vibrantlivingnow.org or call **951-235-8393 to connect with Daniela Bumann at Vibrant Living.**
